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| **Spanish spring salad**  Serves: 24 – 30 tastes  Source: Adapted from - bbcgoodfood.com | |
| **Ingredients**  6 Handfuls of lettuce from the garden  2 x red capsicums, roasted, peeled and sliced  1 punnet cherry tomatoes washed and sliced in 1/2s  ¼ Red (Spanish) onion, sliced very finely  1 carrot, peeled and cut into matchsticks  Parsley dressing  1 teaspoon sugar  1 small bunch parsley  2 tablespoons vinegar  4 tablespoons olive oil  1 clove of garlic, minced  50 grams slithered almonds  Salt and pepper to taste | **Equipment**  Measuring spoons  Chopping board  Salad spinner  Baking tray  Peelers  Knives  Small handheld food processor  Serving bowls |
| **What to do:**   * Pre heat oven to 200 degrees * Put capsicums on an oven tray and place in the oven for 20 – 25 minutes to burn and blister the skin * Remove the capsicum from the oven and place in a bowl covered with glad wrap – to sweat (the skin will be easier to remove) * Meanwhile make the dressing by combining all ingredients in the small processor and whizzing to a pouring consistency. Check seasoning and a little more olive oil if you think it needs it. * Wash and spin dry the lettuce leaves * Wash and chop the tomatoes, peel and cut the carrot, slice the onion * Prepare the capsicum now – it should be cool enough to handle. Remove the skin, core and seeds and discard. Slice the roasted capsicum into strips. * Assemble your salad in the serving bowls * Lettuce on the bottom, then scatter over the carrot, tomato, onion and capsicum. Finally spoon over the parsley dressing and serve. | |